

The Asthma Flare-up

When you breathe, air goes in and out of your lungs through tubes called airways. When you have asthma, your airways are sensitive. They may get smaller when you are around things that trigger your asthma. This is called a flare-up.

What happens during a flare-up?

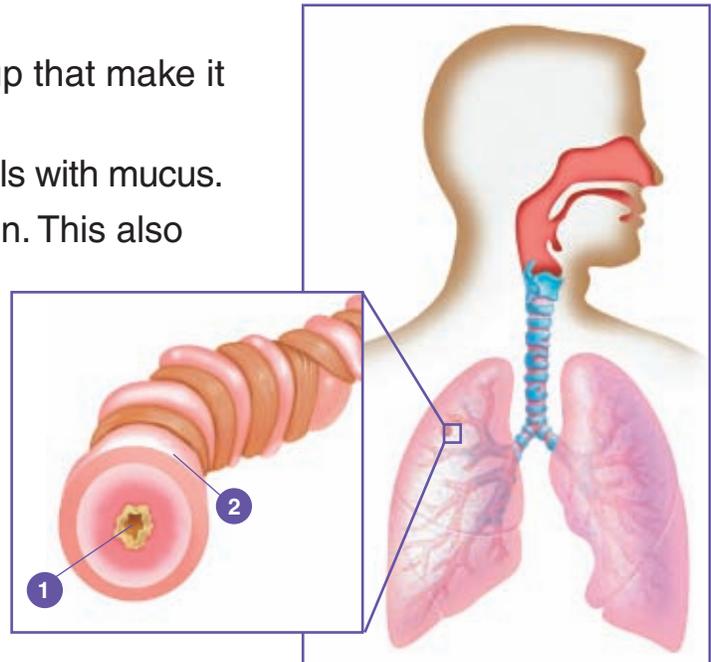
Two main things happen **during** a flare-up that make it hard to breathe:

1. The inside of the airways swells and fills with mucus.
2. The muscles around the airways tighten. This also makes the airways smaller.

Warning signs

You may have warning signs hours **before** a flare-up begins. Everyone's warning signs are different. Check the signs that happen to you.

- Wheezing
- Getting out of breath easily
- Tightness in the chest
- Increased coughing and mucus
- Drop in peak flow meter reading
- Breathing faster than normal
- A fast heart rate
- Other _____



Notes

What to do during an asthma flare-up

- Follow your Asthma Action Plan.
- Take rescue (quick-relief) medicine as directed by your doctor.
- Relax. Stay calm and try to breathe slowly and deeply.
- Get help when you need it. Tell someone if you notice it's getting hard to breathe.

If you have questions, please contact:

Doctor's address printed here.